

FY 06
857 Physical Activity
Strategy Summaries and Training Opportunities

Active for Life Worksite Physical Activity Program

Active for Life is a flexible 10-week program that encourages people to be more active on a regular basis. This program is structured to meet the needs of all people, from those who are just thinking about being more active to people who exercise every day.

Throughout the 10-week program, activities and workshops help inform and motivate participants. These range from group walks to workshops on personal safety and health.

Training Dates for Activity for Life will be provided through the American Cancer Society. Information for this training will be sent through email once training dates are finalized. For more information on training, contact Jennye Grider at jennye.grider@ky.gov or (502) 564-7996, ext. 3795.

http://www.cancer.org/docroot/PED/content/PED_1_5X_Active_For_Life.asp

Aerobic & Fitness Association of America (AFAA) Personal Training Certification

Three-day course begins with a six-hour entry-level overview of basic exercise physiology, anatomy and kinesiology. The remainder of the course combines theoretical information and practical application of fitness assessments, exercise sciences and the behavioral and physiological objectives of one-on-one fitness counseling. \$429.

www.afaa.com 1-877-968-7263

Aerobic & Fitness Association of America (AFAA) Primary Group Exercise Certification

A review of AFAA's Basic Exercise Standards and Guidelines, exercise science, and exam criteria, followed by written and practical exams. \$289. www.afaa.com 1-877-968-7263.

Arthritis Foundation Aquatic Course

Water is a safe, ideal environment for relieving arthritis pain and stiffness. That's why the Arthritis Foundation offers its Aquatic Program, designed to safely keep your joints moving and improve one's sense of well-being. The **Arthritis Foundation Aquatic Program (AFAP)** is a water exercise program designed for people with arthritis and related conditions. Water exercise is especially good for people with arthritis, because it allows you to exercise without putting excess strain on your joints and muscles. The **AFAP** gives one the opportunity to do gentle activities in warm water, with guidance from a trained instructor. Although it is a non-clinical program (one that will not replace a prescribed regimen of therapeutic exercise), past participants have enjoyed some physical benefits such as decreased pain and stiffness. Co-developed by the Arthritis Foundation and the Young Men's Christian Association (YMCA), the **AFAP** is offered in pools throughout the United States. When the program is offered in a YMCA pool facility, it is called the **Arthritis Foundation YMCA Aquatic Program** or **AFYAP**. The program is available in non-YMCA facilities as well. In some facilities, an advanced level (called **AFAP PLUS** or **AFYAP PLUS**) is available to those who are ready for a more vigorous program. For instructor training for Arthritis Foundation Aquatic Instructor Training Course, contact Joanne Oliver, Health Outreach Coordinator, Arthritis Foundation, Kentucky Branch at (502) 585-1866, ext. 105 for training dates.

Arthritis Self-Help Course

The local health department (LHD) may choose to offer the Arthritis Self-Help Course. The *Arthritis Self-Help Course* is designed to identify and teach the latest pain management techniques, to help develop an individualized exercise program, to learn to manage fatigue and stress more effectively, discuss the purposes and effective use of medications, to help find solutions to problems caused by arthritis, identify ways to deal with anger, fear, frustration and depression, discuss the role of nutrition in arthritis management, helping to learn new ways to communicate with family and friends and teach how to form a partnership the health-care team.

- Instructors are to have completed the appropriate Arthritis Foundation training.
- The LHD would teach the Arthritis Self-Help Course.
- The LHD would provide trained staff to teach the class
- The LHD is to offer the class to the community at large.
- Advertise/publicize the class in advance
- Record and report number of participants who enrolled in each ASH Class
- Record and report the class size/attendance
- Record and report number of participants who complete each ASH Class
- Request an evaluation from each participant upon completion of and reporting the results of the evaluations.

Body Composition Analysis

Body composition is an essential measure of health and fitness. Whether one is on a weight management program (weight loss or gain), an athlete, or just determined to take care of one's health and well being, calculating and controlling body fat percentage will be at the very beneficial.

The Futrex Body Composition equipment scientifically validated test utilizes bioelectrical impedance technology to evaluate body composition. It is a safe, accurate and fast method for determining weight from fat, water and lean tissue and percent body fat and lean. The five-page print out includes: percent fat and weight in pounds, percent lean and lean weight in pounds, percent water and weight in pounds, basal metabolic calorie needs, optimal weight based on composition, calorie expenditure for selected exercises, and calorie requirements to maintain or achieve optimal composition. We currently loan out our Futrex Body Composition Equipment. For more information, contact Jennye.Grider@ky.gov or 502-564-7996, ext.3795.

We do not recommend any one piece of equipment. To purchase body composition equipment search websites for the best equipment to suit your local health department's needs. See websites below for further information on Body Composition.

www.futrex.com

<http://www.bodytrends.com/fatcalipers.htm>

http://www.bodytrends.com/articles/body_comp/bodycompomronnw.htm

<http://www.sport-fitness-advisor.com/bodyfatscales.html>

Body Recall Program

Body Recall is a physical fitness program for adults who wish to improve muscle tone and flexibility or for persons in a recuperative phase. The exercises learned in Body Recall, however, should not replace therapeutic exercises prescribed for you by a therapist. Instructors are required to undergo a special Body Recall instructor-training workshop in order to conduct classes. The Leadership Training consists of a 5 1/2-day training in Berea. Cost for training is \$850 plus the cost of book (Bring your own *Body Recall* Book or purchase at training for \$28. and extra audiocassette to accompany the textbook for \$6. If there are 10-15 people from local health departments who will do a training together, the cost for the training will be \$700 which includes room & board. This does not include the cost of book and audiocassette. For more information on Body Recall, contact Dorothy Chrisman, Body Recall at (859) 986-2181.
www.bodyrecallinc.org

Bright Futures in Practice: Physical Activity

Bright Futures in Practice: Physical Activity is a set of guidelines and a practical development approach to help health professionals, families, and others who care for children of all ages to be more effective in physical activity. Training for this has been provided by Emma Walters, Nutrition Services. Cost: Free of Charge. Future training will be available based on the number of health departments who choose this strategy and indicate training is needed. To request training please contact Jennye Grider at Jennye.Grider@ky.gov or 502-564-7996 x-3795.

CATCH PE

Catch PE is designed to promote children's enjoyment and participation of moderate-to-vigorous physical activity (MVPA) during PE classes, recess, and extra-curricula activities. CATCH PE provides a variety of developmentally appropriate activities emphasizing movement concepts and motor skills to ensure an active lifestyle. 1-800-734-2093. www.NHLBI.NIH.GOV (Enter Catch Physical Education in Search Box) or www.sph.uth.tmc.edu/CATCH

Chair Volleyball

This program is a physical activity program for seniors to help improve or maintain mobility, flexibility, and the cardiovascular and mental health of older adults through group activity. Chair Volleyball is a modified version of normal volleyball. In this version, all players are to remain seated throughout the entire game to allow for equal play among those with or without physical limitations. Also, the game is played with a beach ball to promote safety. For more information and manual for Chair Volleyball, contact Kelly Schwegman at Northern Kentucky Independent Health Department at (859) 363-2088.

Choose To Move

Choose To Move is a program to help women increase their physical activity levels to reduce their risks for health disease and stroke. This is a 12-week program that includes information about heart disease, stroke, cholesterol, high blood pressure, and diabetes. This is a free program that can be accessed at <http://www.s2mw.com/choosetomove/>.

Community Physical Activity Coalition

Coalitions are structured groups of diverse individuals and organizations with common goals and interests. Coalitions provide an opportunity for individual entities to join forces to present a unified front on a single goal. They also provide an excellent opportunity to combine and expand resources: people, funding, expertise, and information.

Coalition activities can include, but are not limited to joint letters to legislators, making group visits to legislators and their staff, co-sponsored activities like press conferences and rallies, and drafting or endorsing legislative proposals. Coalition information was distributed at the February Physical Activity Conference.

Community Resource List

The best place to start compiling a physical activity resource guide is in your local health department. The most active collaboration and cooperation come from individuals you already know. They can be valuable links to the network of organizations that are already active in your community. In addition, your worksite may already sponsor activities that can provide the starting point of health promotions in your community.

After you have checked with the resources available at your own health department, look for health promotion resources in your community by starting with the basic sources of help: Telephone Directory, Local Information and Referral Services, and Public Library. Samples of local community resource list were provided at the February Physical Activity Conference.

Community Specific Physical Activity Plan

To create a physical Activity Taskforce to oversee the development and implementation of a whole community physical activity plan to enhance and build on the physical activity programs already undertaken in the community. Taskforce members should include both local government and community partners. Developing Community Specific Physical Activity Plans was provided at the February Physical Activity Conference. A full day in-depth workshop is planned for the summer/fall of 2005.

Conference Attendance for Staff Professional Education

It is important that physical activity staff attend conferences and other training opportunities. Some conference information is included at the end of this document in the Resources section. Health departments can select conferences from this list or on their own.

Coordinated School Health Councils/Committees

Assist and/or Develop a Coordinated School Health (CSH) Council with local schools/district. CSH consists of an eight-component model that recognizes how health, wellness, environment and learning are related. This model is an organized set of policies, procedures, and activities designed to promote and sustain the health of students and staff. The eight components are: healthy school environment, physical education, nutrition services, health services, health education, family/community involvement, counseling, psychological and social services; and health promotion for staff. For more information on developing Coordinated School Health Councils/Committees contact Victoria Greenwell at (502) 564-2154 ext. 3588 or email at Victoria.Greenwell@ky.gov.

Coordinated School Health Leadership Program (CSHLP)

ONLY fifteen schools will be selected to participate in this new program. The CSHLP will enable school teams to plan, implement, and evaluate programs, policies and procedures that protect and promote the health and well-being of students and staff. Using the national Coordinated School Health Model as our foundation, the program will assist teams in developing and sustaining school health committees as well as providing content-related strategies and multiple resources.

Each team includes a coordinator and two additional members. (Some team member possibilities might include a counselor, teacher, administrator, parent, FRYSC and health department). Schools selected to participate will agree to attend both the 2004 and 2005 summer institutes and one additional meeting during each of the two years. The 2004 summer institute is scheduled for June 21-24, while the 2005 date is slated for June 20-23. Both of these events will be held at the Hilton Suites in Lexington. There will be no registration fee to the fifteen teams selected to be a part of the Leadership Program. In addition, each team will be assigned a CSH Task Force member who will provide technical assistance and support throughout the two years in the program. Participation is **By Invitation Only**. If you select this strategy and are not invited to participate, you will be required to amend your plan and refocus designated funds into another strategy. For more information on being involved in the Leadership Program, contact Michael Ballard at Michael.Ballard@EKU.EDU.

Eat Smart Play Hard

A national nutrition and physical activity education and promotion campaign designed to convey science-based, behavior-focused and motivational messages about healthy eating and physical activity. The campaign focuses on four basic themes and includes messages related to each theme: breakfast, snacks, balance, and physical activity. For more information, contact: Jane Mandell at (703) 305-2127 or email at Janet.Mandell@fns.usda.gov.

Fit, Healthy & Ready to Learn

This guide is designed to help educators establish effective policies that promote high academic achievement and lifelong healthy habits. It includes guidance on general school health policies and program development, as well as specific information on physical education program design, safety requirements, food service programs, and smoking cessation services. The book is distributed as a set of finder contents for ease of use and future expansion. \$22. <http://www.nasbe.org/HealthySchools/fithealthy.html>

Training for this was held May 12, 2004. Future training will be available based on the number of health departments who choose this strategy and indicate training is needed. For more information on Fit, Healthy & Ready to Learn, contact Victoria Greenwell at (502) 564-7996 or email Victoria.Greenwell@ky.gov

Get Moving Kentucky

This program is part of an extensive social marketing campaign to get Kentuckians to become less sedentary. The Get Moving Kentucky! physical activity program can be delivered at the county level with a variety of supporting community partners. This

program includes a comprehensive planning guide for a media campaign promoting physical activity followed by educational lessons that focus on physical activity as a protective factor for a variety of chronic health conditions. It also includes an eight-week physical activity program that encourages teams or individuals to accumulate 420 miles, the length of Kentucky. Many of the creative ways to gain physical activity miles, such as dancing, swimming, housekeeping chores, occupational activities, and walking, are featured in the manual. **Contact your local county extension office for training dates and partnering with this program.**

Get Up, Get Out, Get Fit

Community-Wide Campaign

Purpose – This campaign was specifically developed for rural communities to

- help their residents become more physically active
- help health departments create physical activity (PA) coalitions or provide an activity for already established PA coalitions to implement

The program – **Get Up, Get Out, Get Fit** is a Community-Wide Campaign that combines a media campaign with a physical activity program. The major components of the community-wide campaign include the following:

- “Tabloid” magazines called the *Active News* which feature non-athlete members of the community who are physically active. These people tell their story of how they fit physical activity into their daily lives. The magazine is inserted into the weekly community newspaper.
- Radio ads which promote physical activity. These ads will be run across Kentucky during FY 2005-2006. Specific dates will be announced in August.
- An incentive based physical activity campaign focused around a “scorecard.” Participants can earn a pedometer and recognition for participating in the program.
- A school based program also focused around scorecards.

Your Part & Our Part

Our Part: KDPH will provide the following items to your community free of charge:

- Templates of 6 Active News, provided either by disk or electronically, formatted in a universal platform that your printer company can use. The inside and back page of the magazine will already be filled with information on PA, nutrition and tobacco prevention. The front cover page will be blank and ready for your custom story from your community.
- Printed scorecards for adults and point of purchase displays for you to place the scorecard in community locations
- Radio advertisements throughout Kentucky coordinated through the Kentucky Broadcasters Association
- Printed scorecards for children
- Pedometers

The scorecards and pedometers will be provided on the basis that 2.5% of your adult population will participate in this program. So, if you have 10,000 adults living in your county, your county would receive 250 pedometers, 1,500 scorecards and 25 point of purchase displays.

Your Part: To participate in this program your Health Department would need to provide the following (this funding can be requested through the Community Budget and Planning process):

- A community coalition who would work on this project.
- A commitment that if your community exceeds the goal of 2.5% per 10,000 adults participation, your health department will buy more pedometers.
- A commitment to supply a prize or prizes for scorecard #2. Scorecard #1 will be redeemed for a pedometer. Scorecard #2 will be a drawing for a prize your coalition will provide. We suggest the prizes be related to physical activity (bike, exercise equipment, etc).
- A commitment to supply an incentive or prize for schools who participate in this program.
- A commitment to purchase banners and yard signs for the campaign
- A commitment to purchase radio ad(s) which be tagged with your local coalition information.

We encourage each community to contribute local funds to this endeavor.

Healthy Kids Challenge

Healthy Kids Challenge is a step-by-step guide that involves School Administrators and Board Members, Teachers, School Food Directors, Family, Children, and Community Partners to build health communities. The majority of our activities is written for K-5th grade, but can be adaptable for younger and older children alike. You can receive free information at www.healthykidschallenge.com. If you have specific questions, or needs, please contact Vickie at 888-259-6287 or via e-mail at vickie@st-tel.net. There are several documents available to you as a support starter kit. This includes: “Letter to Administrators”, “Benefits to Schools”, “Need for HKC Statistics”, and “The Challenge Starter Tool”.

Heart Adventure Challenge Course

The Heart Adventure Challenge Course is a fantastic journey allowing children to move through the four chambers of the heart in a larger-than-life setting. This specifically designed fitness course encompasses more than just physical activity; it is a science lesson on the move where students acquire a general understanding of the heart, as well as the importance of exercise in maintaining a healthy lifestyle. Information can be found at 1-800-327-0484. Discount Catalog Price \$2,250. www.us-games.com

Increasing Physical Activity Through Community Design

This guide tells you how to help create places for people to walk and bicycle. Creating an activity community environment means taking a look at where there are and aren't opportunities to safely walk and bicycle. It involves land use design, retrofitting the transportation infrastructure, funding and much more. www.bikefed.org

Individual Health Behavior Change

Individually adapted health behavior change programs teach behavior skills to help participants incorporate physical activity into their daily routines. The programs are tailored to each individual's specific interests, preferences, and readiness for change. These programs teach behavior skills such as goal-setting and self-monitoring of progress towards those goals, build social support for new behaviors, behavioral reinforcement through self-reward and positive self-talk, structured problem solving to maintain the behavior change, and prevention of relapse into sedentary behavior. These programs can be done in either group settings or individual settings. www.thecommunityguide.org

Kentucky Fit WIC

Nationally developed education materials from other USDA Obesity grant states provided in a tote bag to use for group education on physical activity for families and children. The materials were developed as part of USDA Obesity grants and were focus tested by states. Contact Dianna Colson at (270) 527-1496 or DiannaJ.Colson@ky.gov for further information.

Kentucky Physical Activity Committee

The committee's base is its individual members, from all areas of the state, many representing diverse organizations and their interests in physical activity. All members are asked to sign a Commitment Form, indicating their understanding of and support for the committee's mission. It is hoped that all members will be actively involved in the overall meetings of the committee. For more information on the Physical Activity Committee, contact Jennye Grider at (502) 564-7996 ext. 3795 or Jennye.Grider@ky.gov

Land-use planning and development

Work with community officials to efficiently utilize land and existing urban services as schools, recreation, parks, and trails to include safety, security and crime prevention. (*Increasing Physical Activity Through Community Design pg.6&7, resources, pg. 42*)

National Health & Fitness Day

National Employee Health & Fitness Day (TM) 2005 is Wednesday, May 18, 2005. Administered annually by the National Association for Health & Fitness, NEHF is a national health observance, created to promote the benefits of physical activity for individuals through their worksites. In its 16th consecutive year, NEHF has enlisted tens of thousands of company participants from around the world. This year's theme for National Employee Health and Fitness (TM) is "Be Active for Life" The two accompanying worksite health programs, Be Active for Life and Let's Get Physical have been completely revised for this program year! For more information contact, www.physicalfitness.org 1-800-822-1923

PANT (KDE) Unit of Study - Physical Activity (K-12)

This was formerly known as the Kentucky Department of Education's Physical Activity Units of Study. These units are aligned to Kentucky's state curriculum documents. This will enable you to teach the Physical Activity Units of Study or to incorporate the units in programs you offer in the school setting. These units will not provide a one day/one time hand out sheet to use in the classroom but a "unit of study" which you will work with the classroom teacher or school nurse over several classes to present. This material includes academic expectations, essential content, essential questions, and instructional plans.

Training for this was offered in central Kentucky, May 12, 2004. For information on future trainings, contact: Victoria Greenwell at (502) 564-7996 or email Victoria.Greenwell@ky.gov

People with Arthritis Can Exercise Program

PACE[®] is an exercise program designed specifically for people with arthritis that uses gentle activities to help increase joint flexibility and range of motion and to help maintain muscle strength. It also helps increase overall stamina. Because there are many different types of arthritis and related conditions, levels of fitness, and degrees of limitation, two levels of *PACE*[®] classes are available – basic and advanced.

Instructors who have undergone a special Arthritis Foundation instructor-training workshop conduct classes. The exercises learned in the *PACE*[®] program, however, should not replace therapeutic exercises prescribed for you by a therapist.

For instructor training for *PACE*[®], contact Pat Hinson at Patricia.Hinson@ky.gov or call (502) 564-7996, ext. 4591.

Personal Energy Plan (PEP)

The Personal Energy Plan or PEP is a 12-week self-directed, worksite program to promote healthy eating and moderate physical activity. The program materials include workbooks for healthy eating and physical activity targeting employees based on their readiness to change. A coordinator's kit, promotional brochures, and posters are also included in the program. Cooper Institute 1-800-635-7050. Purchases of less than 24 books \$12 each. Purchases of 25-125 books, \$6 each, Coordinator's book, \$50.

PEP was developed by CDC's Nutrition and Physical Activity Communications (NuPAC) Team using market analysis and consumer research. In 1997 the program was pilot tested in five worksites located in four states representing more than 15,000 employees in white and blue-collar occupations.

While health communication strategies and educational self-help kits were the primary components of the intervention, each worksite provider added other activities tailored to their own employee populations. An evaluation of this pilot intervention revealed that self-directed educational materials designed to target specific segments of the population are in demand by worksite health promotion personnel and can be effective in producing healthy eating and moderate physical activity behavior change in persons inclined to do so.

Since the pilot program was completed, PEP materials have been expanded and revised and are now available from CDC's partner, the Cooper Institute in Dallas, Texas. For additional information about the PEP program and to order materials, you may contact the Cooper Institute* or call (800) 635-7050.

For additional background information regarding the PEP program, you may send e-mail inquiries to CDC at ccdinfo@cdc.gov or call CDC's Nutrition and Physical Activity Program at (770) 488-5820.

“Point of Decision” Prompts

Point-of-decision prompts to encourage stair use: These signs are placed by elevators and escalators and encourage people to use nearby stairs instead. Copies are attached. Point-of-decision prompts to encourage walking: These signs are placed at shopping malls, bus stops.

President’s Challenge

This community-based program encourages youth from ages six through seventeen to begin and continue daily exercise and activity, to reach healthy levels of cardiovascular endurance, body composition, muscular strength/endurance, and flexibility. There are currently three different programs offered with the President’s Challenge, Active Lifestyle Program, Physical Fitness Program, and Health Fitness Program. You may choose any of the three to promote in your community. www.presidentschallenge.org

Professional Education

Facilitation or provision of education programs for health professionals and/or staff related to the targeted objective. Provision of this kind of program should be by those with expertise obtained through their professional education background combined with other credentialing/continuing education specific to physical activity.

Promoting Physical Activity: A Guide for Community Action

This guide provides public health decision makers with recommendations on population-based interventions to promote health and to prevent disease. This guide recommends interventions to increase physical activity. Each recommendation is based on the strength of the evidence of effectiveness found during systematic reviews. You should consider these evidence-based recommendations and local needs, goals, and constraints when choosing appropriate interventions. <http://www.thecommunityguide.org>

Recreation, Parks and Trails (Creation of enhanced Access to places for physical activity combined with informational outreach activities)

These interventions involve the efforts of worksites, coalitions, agencies, and communities in attempts to change the local environment to create safe opportunities for physical activity. Such changes include creating walking trails, building exercise facilities, or providing access to existing nearby facilities. Many of these programs also train participants to use the equipment and offer health behavior education, risk factor screening, referrals to physicians or additional services, health and fitness programs, and support or buddy systems.

Basic park and recreation facilities are available in every neighborhood, and most users walk or bike to them. Other recreation facilities are easily accessible by transit. Most children can go to their neighborhood parks by themselves or with their friends. Most organized sports activities take place at parks or school sites located in or near the neighborhoods where the children live. Trail-type facilities are within walking distance of most residential areas. The community:

- Develops neighborhood parks and recreation facilities in new subdivisions and in currently underserved residential areas.

- Locates neighborhood park and recreation facilities to be easily and safely accessed by most people, especially children.
- Utilizes smaller sites for youth sport activities (vs. Large-scale, regional facilities to which people must drive).
- Utilizes public facilities, such as schools, as multi-purpose facilities, especially for recreation services.
- Develops a system of trails that is readily accessible to most people.
- Participate in public hearing related to the development of public recreation facilities.

REQUIRED State Sponsored Physical Activity Workshops

The Physical Activity Program will be sponsoring at least three physical activity trainings during FY 06. Each local health department received an additional \$500 on their estimated allocation of 435 Preventive Health Block Grant funds (cost center 857) for FY06 to send their physical activity contact. More information will be forthcoming about these trainings as details are established. Contact Jennye Grider if you have any questions: 502-564-7996, ext. 3795 or jennye.grider@ky.gov

Safe Routes to School

Safe Routes to Schools is a popular program spreading across Canada and the U.S. designed to decrease traffic and pollution and increase the health of children and the community. The program promotes walking and biking to school through education and incentives that show how much fun it can be. The program also addresses the safety concerns of parents by encouraging greater enforcement of traffic laws, educating the public, and exploring ways to create safer streets. www.saferoutestoschool.org

Safety, Security and Crime Prevention (Creation of enhanced Access to places for physical activity combined with informational outreach activities)

These interventions involve the efforts of worksites, coalitions, agencies, and communities in attempts to change the local environment to create safe opportunities for physical activity. Such changes include creating walking trails, building exercise facilities, or providing access to existing nearby facilities. Many of these programs also train participants to use the equipment and offer health behavior education, risk factor screening, referrals to physicians or additional services, health and fitness programs, and support or buddy systems.

The community controls motor vehicle traffic so it no longer poses a serious threat to children in neighborhoods or near schools and parks. Motor vehicle operation is strictly regulated, and traffic laws are obeyed by all users. Crashes, injuries and fatalities decline significantly. Crimes of all kinds decline, especially in residential areas. Parents are at ease with the notion of their children playing outside, unsupervised in their neighborhood. Children spend more time outside, playing with other children. The community:

- Ensures that all drivers are careful and responsible.
- Restricts motor vehicle speeds in neighborhoods, near schools and in shopping areas.
- Designs neighborhoods to reduce the threat of crime.
- Improves policing and enforcement to help prevent crime.

School Health Index

Physical activity and eating behaviors are influenced by the entire school environment, not just the cafeteria and gymnasium. Written policies on physical activity, Recess, Physical activity facilities, prohibit use of physical activity as punishment. While the School Health Index is not a specific strategy listed, choose one or more of the five strategies listed below when addressing the School Health Index. For more information on the School Health Index: <http://www.cdc.gov/nccdphp/dash/SHI/> or Victoria.Greenwell@ky.gov

1. Physical activity facilities (School-based physical education (PE))

Do the schools or district in your community have written policies on physical activity that commits the school to the following? Are the physical activity facilities adequate in the following way?

- Both indoor and outdoor facilities are available for use by the physical education and extracurricular physical activity programs
- Physical education classes do not have to be canceled due to weather extremes (rain, high or low temperatures, etc.)
- In physical education classes, all students can be physically active without overcrowding or safety risks
- For extracurricular activities, all interested students can sign up and participate without overcrowding or safety risks

2. Recess

Do the schools or district in your community have written policies on physical activity that commits the school to the following?

- Are students provided with at least 20 minutes of recess during each school day and do teachers/recess monitors encourage students to be active.

3. Prohibit use of physical activity as punishment

Work with schools in your community to prohibit the use of physical activity as punishment, the withholding of participation in physical education class as punishment, or the use of physical education class time to complete assignments from other classes.

4. Student access to physical activity facilities outside of school hours (School-based physical education PE)

Work with schools in your community to develop written policies on physical activity that provide the use of indoor and outdoor physical activity facilities outside of school hours.

5. Written policies on Physical activity (School-based physical education)

Do the schools or district in your community have written policies on physical activity that commits the school to the following?

- ✓ Providing daily physical education for all students in all grades
- ✓ Hiring certified physical education teachers
- ✓ Providing physical education and extracurricular programs that meet the needs and interests of all students, including those with special health care needs

- ✓ Providing a broad range of competitive and noncompetitive physical activities that help to develop the skills needed to participate in lifetime physical activities
- ✓ Providing daily opportunities for recess for all students in all grades

Schools (Creation of enhanced Access to places for physical activity combined with informational outreach activities)

These interventions involve the efforts of worksites, coalitions, agencies, and communities in attempts to change the local environment to create safe opportunities for physical activity. Such changes include creating walking trails, building exercise facilities, or providing access to existing nearby facilities. Many of these programs also train participants to use the equipment and offer health behavior education, risk factor screening, referrals to physicians or additional services, health and fitness programs, and support or buddy systems.

Schools are of moderate size and are located in the neighborhood they serve. Most children walk or bike to school. School sites and facilities serve a wide range of community services and needs. The community:

- Locates schools within walking distance of the student population.
- Provides safe routes to school for students to walk and bike.
- Develops school sites that are pedestrian-and bicycle-oriented.
- Strictly controls the operation of motor vehicles on and near school sites, at bus stops and along school routes.
- Encourages children to bike and walk to school.
- Designs and operates schools as multi-purpose community centers.

Sisters Together: Move More, Eat Better

Sisters Together: Move More, Eat Better is a national initiative designed to encourage Black women 18 and over to maintain a healthy weight by becoming more physically active and eating healthier foods.

Sisters Together is an initiative of the Weight-control Information Network (WIN), a national information service of the National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK) of the National Institutes of Health (NIH). WIN, established in 1994, provides up-to-date, science-based information on obesity, physical activity, weight control, and related nutritional issues to health professionals, people who are overweight or obese, the media, Congress, and the general public.

Sisters Together has also produced three colorful, age appropriate, and culturally relevant brochures that offer Black women, their families, and their friends practical, science-based tips to help them move more, eat better, and ultimately, improve their quality of life. <http://win.niddk.nih.gov/publications/celebrate.htm>

In addition to the brochures, *Sisters Together* works with, national and local newspapers, magazines, radio stations and consumer and professional organizations to further raise awareness among Black women about the health benefits of regular physical activity and healthy eating.

StairWELL to Better Health: A Worksite Intervention

Creating StairWELLS for better health can be found on CDC's website. This strategy is used to transform stairwells into StairWELLS for better health. The following topics are addressed in this section: Introduction, Improving the Visual Appeal of Your Stairwells, Creating and Testing Motivational Signs, Installing Music, Other Ideas to Consider, Tracking Stair Usage, & Related Resources. If you choose this strategy, keep in mind you can create your own StairWELL at your local health department. Funds should not be used to create StairWELLS for other agencies. However, if you choose this strategy, you can use your StairWELL for model for other community organizations to pattern from. Brochures and the promotion of creating StairWELLS is acceptable.

<http://www.cdc.gov/nccdphp/dnpa/stairwell>

Stanford Chronic Disease Self-Management

The Stanford Chronic Disease Self-Management Program is a behavioral and social intervention designed to help people gain self-confidence in their ability to control their symptoms and how their health problems affect their lives. The program uses trained facilitators and a defined framework that is highly interactive, focuses on building skills, sharing experiences, and support in a small group. The program is six weeks long with a two and a half hour workshop each week during that period. It is offered at community settings such as senior centers, churches, libraries, and hospitals. People with different chronic health problems attend together and the program covers subjects that include 1) techniques to deal with problems such as frustration, fatigue, pain, and isolation, 2) appropriate exercise for maintaining and improving strength, flexibility, and endurance, 3) appropriate use of medications, 4) communicating effectively with family, friends, and health professionals, 5) nutrition, and 6) how to evaluate new treatments. The Stanford program is designed to be led by two trained leaders one or both of who are non-health professionals with a chronic disease themselves. Facilitator training is four and a half days and it is strongly suggested that health professionals bring a layperson with chronic disease with them. Each trainee receives a detailed leader's manual, and a copy of the workshop's textbook and audiotapes (if applicable). KDPH is looking for 13 local health departments who are willing to be pilot sites for training on and implementation of this program. KDPH will cover the actual training costs of two people from each pilot site. However, each site will be expected to cover the travel expenses for the four and a half day workshop that will be held in Kentucky. If you are interested in being a pilot site, permission must be obtained from Theresa Renn (x-3818) or Janet Luttrell (x-3814) by calling 502-564-7996. More information concerning this program is available at

<http://patienteducation.stanford.edu/programs/cdsmp.html>

Take Charge Challenge (TCC)

This is a ten-week team/incentive based physical activity worksite intervention developed at CDC. This intervention is intended as an individual, organizational, and community behavior change program.

Participants set a 10-week physical activity goal, with a point system of one point representing 10 minutes of physical activity. Teams are established and lead by team captains. Incentives are provided for participants and team captains for participation and goal achievement. TCC is evaluated by measuring physical activity behavior change. For more information, contact Bruce Leonard at aim2010@bellsouth.net

TAKE 10

Take 10 is a research-based curriculum tool developed to teach classroom-based physical activity and nutrition education from kindergarten to fifth grade students. Developed by teachers, these materials contain safe and age-appropriate, 10-minute physical activities that can be integrated into language arts, mathematics, science, social studies, and general health. *Take 10* requires no special equipment or teacher training. This was developed to be used in the regular classroom setting. Students will find it fun while it creatively helps them meet daily physical activity requirements. This curriculum addresses the national and Kentucky's health and physical education [standards](#). A complete Take 10 Materials Kit, \$79. plus shipping and handling. International Life Sciences Institute (ILSI) Center for Health Promotion 2295 Parklake Drive, Suite 450, Atlanta, Georgia 30345 Phone: (770) 934-1010; FAX (770) 934-7126 www.take10.net

Transportation facilities and services

(Increasing Physical Activity Through Community Design pg.5) Work with community officials to create a balanced system that includes transit, walking, bicycling, and automobiles.

VERB/Tweens

The VERB campaign works with a variety of organizations that reach tweens, parents, and influencers (teachers, youth group leaders, and others) whose missions support one or more of the [campaign's goals](#) of increase knowledge and improve attitudes and beliefs about tweens' regular participation in physical activity; Increase parental and influencer support and encouragement of tweens' participation in physical activity; Heighten awareness of options and opportunities for tween participation in physical activity; Facilitate opportunities for tweens to participate in regular physical activity; and increase and maintain the number of tweens who regularly participate in physical activity.

Collaboration with schools, youth-serving organizations, and professional groups that reach parents and tween influencers complement the mass media advertising and marketing of VERB. These partnerships are essential to extend the reach of the campaign's messages, especially at the community level. Through a host of efforts that include activity programs, [VERB Street Teams](#), [contests](#), and [events](#), tweens are able to experience VERB on a personal level in their own community.

<http://www.cdc.gov/youthcampaign>

<http://www.verbparents.com>

<http://www.verbnow.com>

<http://www.cdc.gov/youthcampaign/newsletter/index.htm>

Walkability Checklist

Everyone benefits from walking. But walking needs to be safe and easy. Talk a walk and use this checklist to decide if your neighborhood or walking area in your community is safe. After rating your walk on the score card, follow the steps in "Improving your community's score. i.e., speak at board meetings, write or petition city for walkways, make media aware of problem, work with local transportation, etc.

www.nsc.org/walk/wkcheck.htm

Walking Groups/Walking Sports Clubs (Social Support interventions in community settings)

The goal of this approach is to develop strategies that work best to help people increase their physical activity. By creating new social networks or strengthening existing social networks, we can create behavior changes. Examples of these interventions include setting up an exercise buddy system, making exercise contracts with others to complete specified levels of physical activity, setting up walking groups or other groups that provide support. www.thecommunityguide.org

Walking School Bus

What is a Walking School Bus? It is a small group of students who are accompanied by one or more adults on their walks to and from school. Typically, the students live near one another. Chances are, they already walk to school, with or without adult supervision. The benefit of the Walking School Bus is that it provides a consistent, supervised system in which children can walk under the watchful eye of an adult usually the parent or care giver of one of the students.

<http://www.walkingbus.org/index.html>

Working Well

The American Cancer Society Workplace Services program provided corporate tools and resources to initiate or enhance existing worksite employee health and wellness programs. www.fightcancer.org

WOW, Working on Wellness Program (Franklin County model)

WOW is a comprehensive framework for implementing into the school systems approved programs/curriculums/activities that teach healthy behaviors. The program is a community collaboration involving the school systems and the health department. WOW consists of six components participated in by 5th grade students during the school year. After a series of planning sessions (Coordinated School Health Council/Committee) with school administrators and teachers, the program coordinator from the health department introduces the program to the students in a September “kick-off” session. During the “kick-off” session the students complete a health behavior survey, which is revisited at the completion of the program. In addition to the survey, the “kick-off” session explains the components of the program which include the “Wishing Well for Wellness,” a t-shirt and calendar contest, six interactive learning sessions, a wellness carnival, media presentation and program evaluation. The following six sessions address dental health (KY Smile Curriculum, Colgate Bright Smile Bright Future) in October, substance abuse (LifeSkills, Preparing for the Drug Free Years) in November, self-esteem (LifeSkills) in December, decision-making skills (LifeSkills) in January, physical activity and cardiovascular health (Heart Adventure Challenge Course, Bright Futures in Practice: Physical Activity) in February, and nutrition (Choose 1% or Less, Food Guide Pyramid) in March. In April the students prepare for the culminating event, the “Wellness Carnival,” held the following month. During the “Wellness Carnival,” the 5th grade students present the information they have acquired over the past school year to the other students in the school. For more information contact Debbie Fleming at DeborahH.Fleming@ky.gov (502) 564-5559.

Yogafit

The essence of YogaFit Style hatha yoga is "Breathing, feeling and listening to the Body. Teacher trainings use Transformational Language that teaches trainees to develop a sense of inclusiveness, flow, and process- and awareness- orientation in their practice. YogaFit uses cutting-edge adult educational principles, including cooperative learning that provides practical opportunities for integrating physical execution of poses and modifications, verbal cueing that includes Transformational Language, and physiological principles of alignment for safe and effective instruction. For training locations and cost, contact YogaFit at www.yogafit.com or 1-888-786-3111.

Physical Activity Resources

Kentucky Association for Health, Physical Education, Recreation & Dance Annual (KAPHERD) Membership & Conference

The Kentucky Association of Health, Physical Education, Recreation, and Dance is a non-profit association representing professionals in: Dance, Health and Safety Education, Physical Education and Sport, & Recreation and Leisure. www.kahperd.com

Heart Monitors

The 435 Preventive Health Block Grant funds can be used to purchase heart monitors. Heart monitors can equip you with the tools to develop personalized health and fitness portfolios, objectively assess your patient's health and fitness, & track individual performance. The individual will learn to monitor and maintain a health-enhancing level of physical fitness and take personal ownership of working to improve their fitness and skill level. Heart Monitors should only be purchased and used in conjunction with a recommended physical activity program.

www.polarusa.com 1-800-290-6330

Pedometers

The 435 Preventive Health Block Grant funds can be used to purchase pedometers. Pedometers are used as tool for mental reminder that fitness is important. Pedometers provide motivation to increase one's daily physical activity level. They provide the ability to measure how much exercise (steps, miles, calories) one has accomplished. There are many different kinds that offer different functions. Pedometers should only be purchased and used in conjunction with a recommended physical activity program. Check websites under Pedometers or local stores for prices.

Exercise Buddies (Social Support interventions in community settings)

By creating new social networks or strengthening existing social networks, we can create behavior changes. Examples of these interventions include setting up an exercise buddy system, making exercise contracts with others to complete specified levels of physical activity, setting up walking groups or other groups that provide support.

www.thecommunityguide.org

Exercise Contracts (Social Support interventions in community settings)

By creating new social networks or strengthening existing social networks, we can create behavior changes. Examples of these interventions include setting up an exercise buddy system, making exercise contracts with others to complete specified levels of physical activity, setting up walking groups or other groups that provide support.

www.thecommunityguide.org

Increasing Physical Activity Through Community Design: A guide for Public Health Practitioners

This guide focuses on helping one creating an active community environment, looking at the broader scope of where there are, and aren't opportunities to safely walk and bicycle. It involves land use design, retrofitting the transportation infrastructure, funding, and much more. This step-by-step guide discusses how health professionals, community leaders, local planners, transportation agency officials, and citizens can work together to develop active community environments. www.bikefed.org

Commonwealth of Kentucky Transportation Cabinet's *Pedestrian & Bicycle Travel Policy*

The Commonwealth of Kentucky Transportation Cabinet's *Pedestrian & Bicycle Travel Policy*

This book provides guidance to improve accessibility and safety for non-motorized travel - such as walking or biking - on Kentucky's urban and rural roadways. Public interest in and demand for pedestrian and bicycle facilities are determined at the planning and preliminary engineering public-involvement stages of a transportation project. This policy can be used to promote and to educate local officials about healthy transportation alternatives and how they can factor walking and biking into all new or reconstructed roadway projects in their community. Website:

www.kytc.state.ky.us/multimodal/index.htm. Click on Bicycle Pedestrian. Click Pedestrian & Bicycle Travel Policy.

Brochures, Pamphlets and other Educational Materials

LHD may choose to provide brochures, pamphlets and other educational materials for the public in their facility and in locations throughout the community. Brochures, pamphlets and other educational materials are available through the Pamphlet Library, 3755 Lawrenceburg Rd, Frankfort, KY 40601 Phone: 502-227-9529, or through catalogs and websites addressing physical activity.

American Heart Association

www.americanheart.org

Body Composition

http://www.bodytrends.com/articles/body_comp/bodycompomronnw.htm

<http://www.sport-fitness-advisor.com/bodycomposition.html>

<http://www.sport-fitness-advisor.com/bodyfatscales.html>

<http://www.nutribase.com/fattrack.shtml>

<http://www.bodytrends.com/fatcalipers.htm>

Body Mass Index – (Children)

<http://www.americanheart.org/presenter.jhtml?identifier=4489>

www.cdc.gov/nccdphp/dnpa/bmi/bmi-for-age.htm

Body Recall

www.bodyrecallinc.org

Calculate Your Body Mass Index

www.nhlbisupport.com/bmi

CDC Evaluation Handbook

<http://www.cdc.gov/nccdphp/dnpa/physical/handbook/>

Creating fitness plan

www.bam.gov/fit4life/get.htm

Fit'n Active Kids

www.fitness.gov/funfit/funfit.html

FITNESSGRAM/ACTIVITYGRAM

www.cooperinst.org/ftgmain.asp

Get Moving Kentucky

<https://wellsuite.com/getmovingkentucky/hat/>

Heart Adventure Challenge Course

www.us-games.com

Healthy Kids Challenge

www.healthykidschallenge.com

Kentucky Department of Education

www.kyschools.org

National Coalition for Promoting Physical Activity

www.ncppa.org/about.html

Nutrition and Physical Activity

www.cdc.gov/nccdphp/dnpa

Physical Activity Evaluation Handbook

<http://www.cdc.gov/nccdphp/dnpa/physical/handbook/pdf/handbook.pdf>

The Community Guide

www.thecommunityguide.org

The President's Challenge

www.presidentschallenge.org

SAFE Routes to School

www.saferoutestoschool.org

School Health Index

<http://www.cdc.gov/nccdphp/dash/SHI/>

School-based Physical Education (PE)

<http://www.thecommunityguide.org/pa/pa-int-school-pe.pdf>

Sisters Together: Move More, Eat Better

<http://win.niddk.nih.gov/sisters/index.htm>

StairWELL to Better Health: A Worksite Intervention

<http://www.cdc.gov/nccdphp/dnpa/stairwell>

Kentucky Association for School Health

www.kyschoolhealth.org

Kids Walk To School

www.cdc.gov/nccdphp/dnpa/kidswalk

Walkability Checklist

www.nsc.org/walk/wkcheck.htm

Walking Bus

<http://www.walkingbus.org/index.html>

walkingbus.com

<http://www.walkingbus.com>

An excellent list of links from walkingbus.com

<http://www.walkingbus.com/links.htm>

A Bus with Feet for Wheels!

http://www.walktoschool-usa.org/mission/international/school_bus.htm

Pinnacle Research: The Walking School Bus

<http://www.pinnacleresearch.co.nz/wsb.htm>

The Power of Choice: Helping Youth Make Healthy Eating and Fitness Decisions A Leader's Guide

http://www.fns.usda.gov/tn/Resources/power_of_choice.html

Walk Sacramento

<http://www.walksacramento.org/chicago.html>

Ecoplan

<http://www.ecoplan.org/children/general/walkingbus.htm>

theappleaday.co.uk

<http://www.student.city.ac.uk/~rc313/walkingbus.html>

VERB

<http://www.cdc.gov/youthcampaign>

<http://www.verbparents.com>

<http://www.verbnow.com>

<http://www.cdc.gov/youthcampaign/newsletter/index.htm>

YogaFit

www.yogafit.com